

Corporate Seminars & Workshops

About Joyful (Mental Health) Foundation

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Joyful (Mental Health) Foundation (JMHF) was a non-profit making charitable organization, established in 2004, aiming to promote the awareness of mental health in the community, to avoid misconceptions and discrimination, and to provide services and information to people who suffer from emotional disorders as well as their families.



Education



Promotion



Service



Research & Development

Topics include but not limited to:

- Understanding on Emotion and Stress
- Introduction to Mental Illness
- Enhance Self-Understanding
- Communication Skills

- Mind Navigator Workplace Emotion Series Courses

Topics include but not limited to:

- Mindfulness
- Zentangle
- Decoupage Arts
- Pastel Nagomi Art
- Singing Bowl
- Breathing Exercises
- Muscle Relaxation Exercises

* Please feel free to explore more topics with us

Topic & Outline:

Mindfulness & Singing Bowl Experience

- Concept of Mindfulness
- Benefits of mindfulness at work
- Useful skills in coping with stress
- Experiential session of mindfulness and singing bowl



Topic & Outline:

Zentangle

- What is Zentangle?
- The supporting rationale
- The benefit and increment in sense of well-being
- Prevention of common blocks to creative flow
- Promotion of self-acceptance, self-empowerment
- Create art with gratitude and appreciation



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Topic & Outline:

- What is “Decoupage Arts”?
- The supporting rationale
- The benefit and relief of stress
- Promote self-appreciate and self-acceptance
- Exercise one’s concentration
- Produce your own decoupage arts



Decoupage Arts





Topic & Outline:

Japanese Nagomi Arts

- What is Nagomi Art?
- Connect your inner-self and your body by exploring your five senses
- Create your own art piece
- Learn to live at the moment by self appreciation

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Topic & Outline:

Breathing Exercise

- What is Breathing Exercise?
- The benefit in relaxation and relief of stress
- The prevention of symptoms when stressed
- The increment in one's awareness of mind-body connection
- Practice the 4 types of breathing





Topic & Outline:

Progressive Muscle Relaxation

- What is Progressive Muscle Relaxation?
- The supporting rationale
- The benefit in health and mental relaxation
- The prevention in physical symptoms
- The increment in one's awareness of mind-body connection
- Practice of progressive muscle relaxation

Topic & Outline:

Communication Skills

- Learning about typical issue with working across generations and the story behind
- Learning how to bridge the generation gap at work
- Learning verbal and nonverbal strategies
- Learning about some useful communication skills at work for enabling a better workplace

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Topic & Outline:

Panic Disorder

- What is anxiety and panic disorder?
- The origins and symptoms
- Prevention of panic attacks
- Treatment and how can counselling help with panic disorder
- How to maintain mental wellness

Topic & Outline:

Mental Well-being at Workplace

- What are emotions?
- What is stress?
- How to realize you are suffering from mental illness at work
- How to build a healthy workplace
- How to cope with your emotions and ease stress at work?



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Topic & Outline:

Mind Navigator Workplace Emotion Series Courses

Content:

- Workplace listening and communication skills
- Identification and prevention of common mental problems in the workplace
- Assess and handle crisis and high-risk cases
- communication technique to emotionally distressed people in worplace

- Format: face-to-face classes in meetings (groups)
- Date and time: 4 sessions, 1.5 hours each
- Target: Corporate management and HR
- Assessment format: written test or role-playing

- ** 100% course attendance will be awarded a certificate of completion (issued by "Joyful (Mental Health) Foundation")
- ** Class location: Provided by participating institutions or rented other locations (fee to be discussed separately)



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Rate Card *Seminars or Workshops*

1-1.5 hours per session



Corporate/ Organisation	Seminars	Workshops
No. of participants	<100pax	<30pax
Rate	\$7,000 - \$8,000 Please enquire the price by telling us the topic(s) you are interested in	

- Venue rental and cost of materials are not included (if any)
- NGO can contact our staff for special rate

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Contact Us



www.jmhf.org



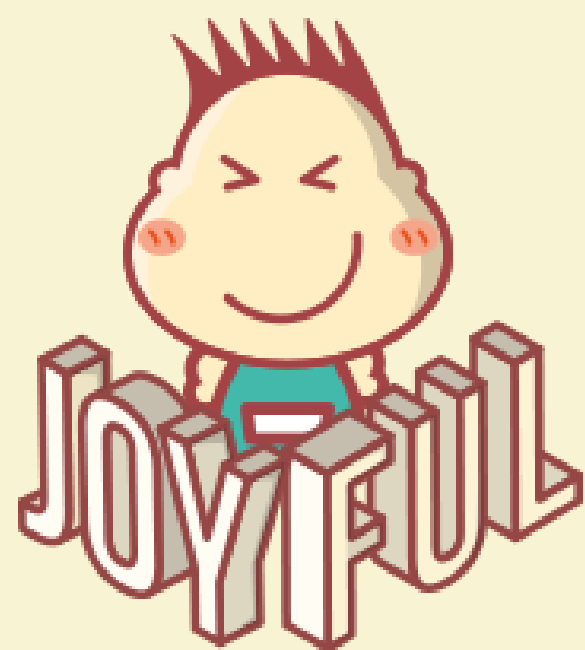
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JMHF

